





June 2016



NAVAL HOSPITAL BREMERTON

WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
Safety Month —Many of the activities that we enjoy during the summer months can put us at risk for accidents that can have serious consequences. Mixing these adventures with alcohol can prove to be a deadly combination. Take the “Play to Live” pledge at https://survey.max.gov/654241 		1 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Heart Healthy Living: 4-6pm	2 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 4-6pm	3 Intro to Nutrition 1-3pm Childbirth Class: 1530-1800
6 Eat Smart, Live Strong (S1) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	7 SHIPSHAPE 1: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 1-3pm (held at Bangor Commissary)	8 Gestational Diabetes: 10-11am Meal Planning/Makeovers: 4-6pm	9 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm	10 Bariatric Eating 1-3pm Childbirth Class: 1530-1800
13 Eat Smart, Live Strong (S2) 1-2:30 pm Diabetes Updates: 12:30-2 pm Yoga 3:30-4:30 pm (room 7103)	14 SHIPSHAPE 2: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 1-3pm	15 Gestational Diabetes: 10-11am Diabetes Prevention: 4-6pm	16 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 4-6pm	17 Childbirth Class: 1530-1800 <div> Saturday 18th: Childbirth Class 9:30-3:00 </div>
20 Eat Smart, Live Strong (S3) 1–2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	21 SHIPSHAPE 3: 9-10am Pilates (Beginner): 12-12:45pm Fitness Planning: 1-3pm (held at Bremerton Gym)	22 Gestational Diabetes: 10-11am Lactation Class: 6:30-9pm	23 OB/GYN Intake: 9-10am	24 Intro to Nutrition 9-11am 
27 Eat Smart, Live Strong (S4) 1–2:30 pm Yoga 3:30-4:30 pm (room 7103)	28 SHIPSHAPE 4: 9-10am Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm	29 Gestational Diabetes: 10-11am 	30 OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 4-6pm	

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506
For information, call (360) 475-4541

Building a healthy life, one habit at a time.

Website: www.med.navy.mil/sites/nhbrem



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